How to Get Started

Sports vision training at the Eye Institute is individually programmed for the specific needs of each patient. A sports vision training program may take a few weeks or a few months, depending on individual goals. Once a sports vision evaluation has been performed, and specific deficient visual skills identified, sports vision training can make a profound difference in athletic performance.

If you are a coach and interested in this type of training, please call: 623.537.6000 or email us at: azmwueyeinstitute@midwestern.edu.

For more information about sports vision training and other specialty services at the Eye Institute, visit: www.mwuclinics.com/az/ei.

About the Midwestern University Eye Institute

The Eye Institute provides primary and specialty optometric care at affordable rates. Our optometry faculty and students work together to ensure the highest quality of care using the latest technology.

Call 623.537.6000 to make an appointment.
Sports vision training helps the eyes and visual system perform at an enhanced level to maximize performance. From children to professional athletes of any sport, everyone can benefit from the training plans our faculty and students implement at the Midwestern University Eye Institute.

**What is Sports Vision Training?**

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**How Does Sports Vision Training Help?**

Sports vision training helps develops skills that are important to the athlete, including:

- **Dynamic Visual Acuity** – This skill allows athletes to see clearly while in motion. Our sports vision optometrists periodically measure how well the athlete can see a moving eye chart to measure his/her dynamic visual acuity.

- **Contrast Sensitivity** – The ability to distinguish between objects of different contrast levels can be critical to athletic success. The outfielder’s ability to follow a baseball against a bright sky and the golfer’s ability to differentiate the green from the fairway or the rough are examples of the importance of contrast sensitivity.

- **Visual Reaction Time** – Visual reaction time is the time it takes for a baseball player to make a decision to swing the bat after the ball leaves the pitcher’s hand. This skill is also extremely important in other high-speed sports like racquetball, tennis, and hockey.

- **Peripheral Awareness** – Being aware of action in the peripheral vision field while looking at action straight ahead can be a challenge. This skill is invaluable for point guards in basketball or middle infielders in baseball.

These are a few of the many sports-related visual skills that can be improved with a carefully designed and individualized program of sports vision training.